

# ACTING: RELAXATION EXERCISE

Let's take a moment to relax our mind and body with this exercise so that we will be ready to approach any acting class or performance. These are two simple exercises that encourage deep breathing and releasing tension – two ways to relax.

1. Get started by finding a quiet space away from distractions.
2. For the first exercise, pretend you have a nice smelling flower in one hand and a slow burning candle in the other.
3. Breathe in slowly through your nose as you smell the flower.
4. Breathe out slowly through your mouth as you blow out the candle.
5. Repeat a few times. Then, when you are ready, move onto the next exercise below.
6. Pretend you are a feather floating through the air for about ten seconds.
7. Suddenly you freeze and transform into a statue. Don't move!
8. Then slowly relax as you transform back into the floating feather again.
9. Repeat, making sure to finish as a floaty feather in a relaxed state.